

Working With Others' Mixed "Yes"

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Think of a situation in which you got a "yes" to your request but you are not confident that it was agreed to freely or joyfully. Write down the situation and request, then explore your response to the "yes" by responding to the following questions.

1. The situation:

2. My feelings, needs and request:

3. How am I feeling about hearing "yes" and what is my need?

4. Is there anything concrete that is leading me to consider that their "yes" may not be given joyfully?

5. What is my understanding of the other person's feelings and needs?

6. What needs might they be saying "no" to by saying "yes" to my request?

7. What needs might they be saying “yes” to that are leading them to say “yes” to my request?

8. When I imagine that the other person's needs would not be met, how do I feel and what are my needs?

9. How am I feeling and what is my need in relation to my original request?

10. Can I imagine other strategies for meeting my needs other than this person agreeing to my request?

11. How do I feel and what needs come to life for me when I imagine that the person would say “no”?

12. How do I feel and what are my needs when I imagine not getting my original needs met in this situation?

13. What is alive in me right now (my feelings and needs)?